

DAFTAR PUSTAKA

- Agur, AMR dan Dalley, AF. 2009. *Grants Atlas of Anatomi*. 12th ed. Lippiccott Williams & Wilkins.
- Alberta, C. 2015. *Series of Exercise: Dumbbell Squat*. Diakses: 20 Agustus 2008. <http://www.istockphoto.com/photo/series-of-exercises-dumbbell-squats-6967995>
- Correa, MDF., Fredriksson, M., dan Linberg, CE. 2015. *Exercise*. Diakses: 7 juni 2015. <http://exxentric.com/exercises/>
- Cracknel, J. 2006. *The Physiologi of Training*. Churchill Livingstone Elseiver.
- Donatelli, R dan Dimond, D. 2007. *Sport Specific Rehabilitation*. Churchill Livingstone Elseiver.
- Gormley, J dan Hussey, J. 2005. *Exercise Therapy Prevention and treatment of disease*. Blackwell Publishing
- Haley, A. 2013. *Exercise of the Week: Eccentric Calf Raise*. Diakses 24 Januari 2013. <http://www.stack.com/2013/01/24/eccentric-calf-raise/>
- Harian Nasional. 2015. *Rindu Emas Dari Bola Voli*. Diakses: 30 Mei 2015. <http://www.harnas.co/2015/05/30/rindu-emas-dari-bola-voli>
- Irfan, M. 2014. *Latihan dengan Tahanan*. Diakses: 2 februari 2014. <https://dhaenkpedro.wordpress.Com/latihan-dengan-tahanan/>
- Ismaryati. 2006. *Tes dan Pengukuran Olahraga*. Surakarta: Sebelas Maret University Press
- Kasjono, HS dan Yasril. 2009. *Teknik Sampling untuk Penelitian Kesehatan*. Yogyakarta: Graha Ilmu
- Kelso, T. 2015. *Vertical Jump Performance: The Effects of Strength, Power, and Training Surface Stability*. Diakses: 7 mei 2015. <http://breakingmuscle.com/strength-conditioning/vertical-jump-performance-the-effects-of-strength-power-and-training-surface-s>

- Kisner, C dan Colby, LA. 2007. *Therapeutic Exercise Fondation and Technique*. 5th ed. F.A. Davis Company. Philadelphia.
- Kurniawan, F. 2012. *Buku Pintar Pengetahuan Olahraga*. Jakarta Timur: Laskar Aksara
- Ma'mun, A., Subroto, T. 2001. *Pendekatan Keterampilan Taktis dalam Pembelajaran Bola Voli*. Jakarta Pusat: Direktorat Jenderal Olahraga
- Milner, CE. 2008. *Functional Anatomy for Sport and Exercise*. Routledge Taylor and Francis Group
- Munoz, JL., Monroy, AJ., Jimenez, PJ., Manuel, V., dan Castano, G. 2014. *Effects of Instability Versus Traditional Resistance Training on Strength, Power and Velocity in Untrained Men*. J Sports Sci Med: 460–468.
- Purnama. 2014. *Syarat Kriteria Pembibitan Menjadi Pemain Bola Voli Yang Handal*. Diakses: 09 juni 2014. <http://www.volimaniak.com/2014/09/6-syarat-kriteria-pembibitan-menjadi.html>
- Rahmatullah dan Lesmana, SI. 2005. *Perbedaan Pengaruh Pemberian Strengthening Exercise Jenis Kontraksi Concentric Dengan Eccentric Terhadap Peningkatan Kekuatan Otot Biceps Brachi*. Jurnal Fisioterapi Indonesia. Volume 5. Nomor 2: 20-22
- Republika. 2014. *PBVS: Prestasi Voli Indonesia Belum Maksimal*. Diakses: 23 Mei 2014. <http://www.republika.co.id/berita/olahraga/raket/14/05/23/n617ec-pbvs-prestasi-voli-indonesia-belum-maksimal>
- Santoso, D. 2013. *Ingin Tubuh Ideal di Usia Remaja? Ini Caranya!*. Diakses: 17 Mei 2013. <http://duniafitnes.com/training/ingin-tubuh-ideal-di-usia-remaja-ini-caranya.html>
- Sheepard, J.M. 2006. An Evaluation of a new test of reactive agility and its relationship to sprint speed and change of direction speed. *Journal of Science and Medicine in Sport*.
- Suharto. 2000. *Kesegaran Jasmani dan Peranannya*. Jakarta: Informasi Kesehatan dan Olahraga, Pusat Komunikasi Pemuda.
- Turpin, JAP., Zmijewski, P., Olmedo, JM., Javetossi, MA., Carbonell, AM., Llorca, CS., dan Cabrera., EA. 2014. *Effect of Whole Body Vibration on Strength and*

- Jumping Performance in Volleyball and Beach Volleyball Player*. Biol Sport: 239-245
- Umberger, BR. 2008. *Mechanics of the Vertical Jump and Two-Joint Muscles: Implication for Training*. Department of Orthopaedics University of Rochester Medical Center.
- Uyul, G. 2013. *Hubungan antara Kekuatan (power) Otot Tungkai dengan Hasil Lompat Jauh*. Diakses: 12 Maret 2013. <http://www.academia.edu/6402227/> / BAB_II_KAJIAN_PUSTAKA.
- Wirasasmita, R. 2013. *Ilmu Urai Olahraga: Analisis Kinetik pada Olahraga*. Bandung: Alfabeta
- Wood, R. 2008. *Vertical Jump Test: Testing your Self at Home*. Diakses: 29 September 2015. <http://www.topendsports.com/testing/tests/home-vertical-jump.htm>
- Zatsiorsky, VM. 2000. *Biomechanics In Sport Performance Enhancement and Injury Prevention*. Blackwell Science